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ABSTRACT

The educational materials and services listed in this bibliography include "something for everybody"--from pre-schoolers to the elderly--for those in school, in adult training programs, and in the home, and for those who instruct them. Included are lists of publications covering such topics as: donated foods, food stamps, child nutrition, and food inspection and grading; posters; periodicals of special interest to food advisors and home economists; a limited number of films that are consumer-oriented; and exhibits available for consumer education classes, and meetings. Nutritionists, home economists, teachers and others who work toward the goal of educating the consumer to be more knowledgeable about food and its role in better living are invited to make use of these materials. Provided are indices by title and by numerical series.
(Author/LS)

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USDA CONSUMER EDUCATION MATERIALS

for Wise Food Shopping and
Nutritious Meal Planning

- ...Publications
- ...Posters
- ...Reproducible Materials
- ...Periodicals
- ...Films
- ...Slide Sets and Filmstrips
- ...Displays

U. S. DEPARTMENT OF AGRICULTURE, CONSUMER AND MARKETING SERVICE
Information Division, 26 Federal Plaza, New York, N.Y. 10007
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CONTENTS

	<u>Page</u>
USDA Consumer Education Materials	1
Materials Related to Food and Nutrition Service Programs	2
Publications	2
Donated Foods	2
Food Stamps	2
Food Makes the Difference -- Nutrition Education	2
Food for Thrifty Families Series	3
Child Nutrition	4
FNS Program Posters	5
Materials Related to Consumer and Marketing Service Programs	6
Publications	6
Food Inspection	6
Food Inspection and Grading	7
Food Grading	7
Camera-ready Copy	8
C&MS Posters	8
Other USDA Consumer Education Materials	10
Nutrition and Health	10
Budgeting	11
Freezing, Canning and Preserving Food	11
Family Meals -- Recipes	11
Periodicals	13
Films	14
Slide Sets and Film Strips	16
Food Buying	16
Nutrition	16
School Lunch	18
Exhibits	20
Index by Title	21
Index by Numerical Series	27



USDA CONSUMER EDUCATION MATERIALS

Food makes the difference! That's why all of us need to know more about food -- how to shop for it, how to care for it, how to prepare it, and how to use it effectively in a healthful diet.

Nutritionists, home economists, teachers and others who work toward the goal of educating the consumer to be more knowledgeable about food and its role in better living are invited to make use of educational materials and services available from the U.S. Department of Agriculture.

The selection listed here includes "something for everybody"-- from pre-schoolers to the elderly -- for those in school, in adult training programs, and in the home, and for those who instruct them. For information and assistance in adapting them to your program needs, contact the Information Division, Consumer and Marketing Service, USDA, 26 Federal Plaza, Room 1653, New York, N. Y. 10007.

Unless otherwise indicated, the materials listed may be requested from this office.

MATERIALS RELATED TO FOOD AND NUTRITION SERVICE PROGRAMS

Copies of publications relevant to food assistance programs for the needy are available singly and in bulk quantities for consumer and nutrition education programs. Requests for single copies may be directed to the above address. Requests for bulk quantities should be directed to the Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250.

PUBLICATIONS

Donated Foods

- FNS-2 Donated Foods Handbook for Volunteers
Title Food Donation Program (flyer)
FNS-3 Jimmy Has More Fun
PA-667 The U.S. Department of Agriculture's Food Donation Program
PA-557 USDA Donated Foods for Disasters -- A Guide for State and Local Officials
PA-533 When Natural Disaster Strikes
Title Your Family Food Donation Program

Food Stamps

- FNS-1 Food Stamp Handbook for Volunteers
PA-930 Food Stamp Program...More Food/Better Diets for Low-Income Families
PA-952 Food Stamps Make the Difference (flyer)
PA-911 Food Stamps to End Hunger
PA-823 Retailers, Encourage Your Low-Income Customers to Take Part in the Food Stamp Program
FNS-5 You and Food Stamps...Usted y Estampillas Para Alimentos
PA-922 You're in Good Company

Food Makes the Difference -- Nutrition Education

- PA-934 Ideas for Economy-Minded Families
PA-935 Ideas for Families Using Donated Foods
PA-937 Ideas for Leaders Working with Economy-Minded Families

Food for Thrifty Families Series: Food for Thrifty Families
Teaching Materials for Low Income Families (for professionals)
-- complete kit of 32 publications. Includes set of 25 illustrated
flyers (FNS-13-37).

- *PA-745 Breads and Cereals, Golden Nuggets -- A Guide for Program Aides in Home Economics, 10 for 15 cents
- *PA-743 Food for Families -- Suggestions for Trainer Agents, 10 for \$1.40
- *PA-747 Four Food Groups in Meals, Treasure Chest -- A Guide for Program Aides in Home Economics, 10 for 15 cents
- *PA-749 Fruits and Vegetables, Bright Jewels -- A Guide for Program Aides in Home Economics, 10 for 15 cents
- *PA-748 Meat Group, Solid Treasures -- A Guide for Program Aides in Home Economics, 10 for 15 cents
- *PA-746 Milk, White Magic -- A Guide for Program Aides in Home Economics, 10 for 15 cents
- *PA-744 What Food Means to People -- A Guide for Program Aides in Home Economics, 10 for 15 cents
- FNS-20 A Variety of Fruits and Vegetables -- some choices for the thrifty family
- FNS-30 All-purpose Flour -- a good choice for the thrifty family
- FNS-24 Beef and Pork -- a good choice for the thrifty family
- FNS-22 Canned Chopped Meat or Luncheon Meat--a good choice for the thrifty family
- FNS-14 Cheese--a good choice for the thrifty family
- FNS-31 Donated Cracked Wheat Bulgur--a good choice for the thrifty family
- FNS-17 Donated Nonfat Dry Milk--a good choice for the thrifty family
- FNS-37 Donated Rolled Wheat--a good choice for the thrifty family

* For sale only. Send amount indicated to Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

- FNS-23 Dry Bean--a good choice for the thrifty family
FNS-29 Dry Split Peas--a good choice for the thrifty family
FNS-25 Eggs--a good choice for the thrifty family
FNS-32 Enriched Corn Grits--a good choice for the thrifty family
FNS-33 Enriched Cornmeal--a good choice for the thrifty family
FNS-34 Enriched Macaroni--a good choice for the thrifty family
FNS-35 Enriched Rice--a good choice for the thrifty family
FNS-15 Evaporated Milk--a good choice for the thrifty family
FNS-26 Fish--a good choice for the thrifty family
FNS-19 Fruits and Vegetables for Vitamin C--a good choice for the thrifty family
FNS-16 Instant Nonfat Dry Milk--a good choice for the thrifty family
FNS-27 Peanut Butter--a good choice for the thrifty family
FNS-28 Poultry--a good choice for the thrifty family
FNS-21 Raisins--a good choice for the thrifty family
FNS-36 Rolled Oats (Quick Cooking)--a good choice for the thrifty family
FNS-13 The Daily Food Guide--some choices for the thrifty family
FNS-18 Vegetables and Fruits for Vitamin A--a good choice for the thrifty family

Child Nutrition

- FNS-7 A Menu Planning Guide for Breakfast at School
PA-719 A Menu Planning Guide for Type A School Lunches
PA-948 Child Nutrition Programs
FNS-10 Child Nutrition Programs Handbook for Volunteers

PA-812 Closing the Nutrition Gap...Child Nutrition Act of 1966
PA-912-S El Libro Colorante De Las Comidas Buenas
*PA-270 Food Buying Guide for Type A School Lunches, \$1.25
FNS-8 Food for Children...in Pre-School Centers...in Summer Camps
PA-403 Food Storage Guide for Schools and Institutions
PA-912 Good Foods Coloring Book
PA-19 National School Lunch Program
Title National School Lunch Program (flyer)
*PA-631 Quantity Recipes for Type A School Lunches, \$4.50
Title School Breakfast Program (flyer)
PA-750 School Lunches...a Billion Dollar Market for Food
Title Special Milk Program (flyer)
Title Special Food Service Program for Children (flyer)

FOOD AND NUTRITION SERVICE PROGRAM POSTERS

POSTER Daily Food Guide. Color, 22 x 28 inches.
(FNS-13)
POSTER Get Your A for Health--Eat a Type A School Lunch
(C&MS-16) Every Day. Color, 18 x 24 inches
POSTER I'm Worth More Than You Are (Food Stamps)
(FNS-6)
POSTER Include These Foods in the Lunch Each Day--Serve Each
(FNS-4) Child a Real "Type A." Color, 8 x 10-1/2 and 24 x 32
inches. (English, Spanish)

* For sale only from GPO.

MATERIALS RELATED TO CONSUMER AND MARKETING SERVICE PROGRAMS

How to Be a Wise Food Shopper

Copies of publications relating to Consumer and Marketing Service programs covering the inspection and grading of foods for wholesomeness and quality, and such subjects as how to buy, care for and prepare food are available singly and in bulk quantities. Requests for single copies may be directed to the Information Division, Consumer and Marketing Service, USDA, 26 Federal Plaza, New York, N. Y. 10007.

Requests for bulk quantities for consumer and nutrition education programs for needy families and others should be directed to Information Division, Consumer and Marketing Service, U.S. Department of Agriculture, Washington, D.C. 20250.

Industry groups conducting consumer education programs for the public or their employees are invited to reproduce any of the listed publications and posters. Offset negatives or plates for most of these may be obtained at a nominal charge from the Planning Division, U.S. Government Printing Office, Washington, D.C. 20401. Bulk quantities of publications may also be purchased from the GPO. A discount of 25 percent is given on purchases of 100 or more copies of any one publication.

PUBLICATIONS

Food Inspection

C&MS-34 Foreign Meat and Poultry Inspection Program (fact sheet), 1970

Title Inspection for Consumer Protection. A comprehensive fact sheet about meat and poultry inspection for wholesomeness, a consumer protection service.

Title Inspection, Labeling, and Care of Meat and Poultry -- A Consumer Education Guide. A useful guide for home economics teachers, extension specialists, and training aides for instruction on government inspection of meat and poultry for wholesomeness, and consumer care in buying, keeping and preparing these foods. Ties in with five leaflets in Meat and Poultry...for You series.

C&MS-83 Inspection Milestones. Salient facts in the history of meat and poultry inspection for wholesomeness from early beginnings until today.

C&MS-85 Standards for Meat and Poultry Products. A consumer reference list showing required meat and poultry contents in specified products.

- G-174 Meat and Poultry--Care Tips for You, 1970
G-173 Meat and Poultry--Clean for You, 1969
G-172 Meat and Poultry--Labeled for You, 1969
G-171 Meat and Poultry--Standards for You, 1969
G-170 Meat and Poultry--Wholesome for You, 1969

Food Inspection and Grading

- C&MS-65 USDA Marks of Quality--Marks of Wholesomeness. A sheet of "reproducible" grade and inspection marks for use by retailers and others in advertising. Includes instructions on use of these marks.

Food Grading

- Title Grading America's Foods. A Fact sheet outlining kind of food graded, percentages graded, and how grading services are performed, 1970
- G-146 How to Buy Beef Roasts, 1968
G-145 How to Buy Beef Steaks, 1968
G-148 How to Buy Butter, 1968
G-167 How to Buy Canned and Frozen Vegetables, 1969
G-193 How to Buy Cheese, 1971
G-177 How to Buy Dry Beans, Peas and Lentils, 1970
G-144 How to Buy Eggs, 1968
G-141 How to Buy Fresh Fruits, 1967
G-143 How to Buy Fresh Vegetables, 1968
G-140 How to Buy Instant Nonfat Dry Milk, 1967
G-166 How to Buy Meat for Your Freezer, 1969
G-157 How to Buy Poultry, 1968
PA-708 How to Use USDA Grades in Buying Food, 1969

C&MS-79

USDA Grades--To Help You Choose. Catalogues the related - How to Buy...-materials, including booklets, one-page flyers, exhibits, posters, TV spots, motion pictures, slide sets, and teacher's guide.

CAMERA-READY COPY

Reproducible camera-ready copies of materials suitable for instruction on food shopping and preparation are available. They can be printed in required quantities by offset, xerox, or other reproducing methods.

How-to-Buy Flyers. 20 one-page flyers discuss how to use USDA grades in buying food, and also cover general buying and storing information on various cuts of meat, poultry, dairy products, fresh and processed fruits and vegetables, and eggs. (A combination English-Spanish version).

Smart Shopper Series. This monthly service provides food tips and simplified illustrated recipes using low-cost food. It is designed for low-reading-level instruction. To be placed on the mailing list, write to SMART SHOPPER, Consumer and Marketing Service, USDA, 26 Federal Plaza, New York, N.Y. 10007.

CONSUMER AND MARKETING SERVICE POSTERS

The following poster sets are available at \$1.75 per set from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402:

Meat and Poultry Inspection Posters. Ten colorful posters with copy identical to the Meat and Poultry Facts table-top exhibit. Each measures 15 x 20 inches. They tie in with five USDA leaflets explaining meat and poultry inspection, buying and care. (See Exhibits)

How to Buy Food Posters. Ten colorful posters similar to the USDA Grades Help You Choose table-top exhibit. Each measures 15 x 20 inches. They tie-in with 12 USDA leaflets and 20 flyers on "How to Buy" foods. (See Exhibits.)

The following posters may be obtained without charge from the Information Division, Consumer and Marketing Service, USDA, Washington, D.C. 20250.

- POSTER Beef Chart--Wholesale and Retail Cuts. Black and white, 16 x 24 and 8 x 10-1/2 inches, 1963
- POSTER Know the Eggs You Buy. Color, 30 x 45 inches, 1968
- POSTER (PA-70) Know the Eggs You Buy. Color, 11-3/4 x 17-1/2 inches, 1967
- POSTER (PA-170) Know the Poultry You Buy. Color, 11-3/4 x 17-1/2 and 30 x 45 inches, 1963
- POSTER Lamb Chart--Wholesale and Retail Cuts. Black and white, 16 x 24 and 8 x 10-1/2 inches, 1955
- POSTER Pork Chart--Wholesale and Retail Cuts. Black and white, 16 x 24 and 8 x 10-1/2 inches, 1969
- POSTER Veal Chart--Wholesale and Retail Cuts. Black and white, 16 x 24 and 8 x 10-1/2 inches, 1955
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- Teel ,uppeW tueZ bar 500E 47-0
- membrane puerl daw 20001 not 1000E 5-0
- Teel ,lebliG booz viled A 10001 not booz 484-0
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- Teel ,eljucG puerl edz not booz 53-0
- 6301 ,tare 101 ,tare 101 ebirG--solit 101 puerl not booz 005-46*
- 555 or 10001 berl grigesK 505-0
- atmos 3 ,asnefizm uox 100-46*
- 6301 ,yass ebirG puerl 101 210-46*
- 6301 ,noy not naf 101 booz--solit 101 1-00
- 6301 ,1001 ,booz 101 eljucG evigizm 57-0*
- 6301 ,yarrbooz 101 solit 101 520-46*
- 6301 ,booz emysa pue grigesK 600-46*
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OTHER USDA CONSUMER EDUCATION MATERIALS

Except as indicated, the following publications on consumer education subjects related to food are available from the Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250.

NUTRITION AND HEALTH

- G-153 Calories and Weight, the USDA pocket guide, 1968
- *AH-8 Composition of Foods, 1963, \$1.50
- G-90 Conserving the Nutritive Values in Foods, 1965
- *L-268 Eat a Good Breakfast--to Start a Good Day, 1965, 5 cents
- *PA-694 Eat to Live Better, 5 cents
- L-408 Facts About Pasteurization of Milk, 1966
- *PA-693 Feeding Young Children, 5 cents
- G-74 Food and Your Weight, 1967
- G-5 Food for Families with Young Children
- L-424 Food for Fitness: A Daily Food Guide, 1967
- G-17 Food Guide for Older Folks, 1963
- G-85 Food for the Young Couple, 1967
- *PA-700 Food for Young Families--Guide for Agent, 15 cents
- G-162 Keeping Food Safe to Eat
- *PA-691 Key Nutrients, 5 cents
- *PA-695 Meal Planning Made Easy, 5 cents
- GS-1 Nutrition--Food at Work for You, 1968
- *G-72 Nutritive Value of Foods, 1971, 30 cents
- *PA-692 Principles of Cookery, 5 cents
- *PA-696 Selecting and Buying Food, 10 cents

* For sale only from GPO.

BUDGETING

- Title Consumer's Quick Credit Guide, 1964
G-94 Family Food Budgeting...for Good Meals and Good Nutrition, 1964
*HERR-37 Family Food Buying, 1969, 35 cents
*G-108 Guide to Budgeting for the Family, 1968, 16 cents
G-98 Guide to Budgeting for the Young Couple, 1967

FREEZING, CANNING AND PRESERVING FOOD

- G-40 Freezing Combination Main Dishes, 1967
*G-93 Freezing Meat and Fish in the Home, 1966, 25 cents
*G-8 Home Canning of Fruits and Vegetables, 1967, 20 cents
G-106 Home Canning of Meat and Poultry, 1968
G-69 Home Care of Purchased Frozen Foods, 1967
G-10 Home Freezing of Fruits and Vegetables, 1967
G-70 Home Freezing of Poultry, 1967
*G-56 How to Make Jellies, Jams, and Preserves at Home, 1967, 20 cents
G-109 Protecting Home-Cured Meat from Insects, 1968
G-78 Storing Perishable Foods in the Home, 1966
G-119 Storing Vegetables and Fruits in Basements, Cellars, Outbuildings, and Pits, 1966
L-321 What to Do When Your Home Freezer Stops, 1967

FAMILY MEALS--RECIPES

- G-147 Baking for People with Food Allergies, 1968
G-118 Beef and Veal in Family Meals: A Guide for Consumers, 1968
G-150 Cereals and Pasta in Family Meals; A Guide for Consumers, 1968

* For sale only from GPO

- G-112 Cheese in Family Meals: A Guide for Consumers, 1966
- G-103 Eggs in Family Meals: A Guide for Consumers, 1967
- *G-1 Family Fare: Food Management and Recipes, 1968,
 45 cents
- G-125 Fruits in Family Meals: A Guide for Consumers, 1968
- G-124 Lamb in Family Meals: A Guide for Consumers, 1967
- G-127 Milk in Family Meals: A Guide for Consumers, 1967
- G-43 Money-Saving Main Dishes, 1969
- G-176 Nuts in Family Meals: A Guide for Consumers, 1968
- G-36 Peanut and Peanut Butter Recipes, 1966
- G-160 Pork in Family Meals: A Guide for Consumers, 1969
- G-55 Potatoes in Popular Ways, 1967
- G-110 Poultry in Family Meals: A Guide for Consumers,
 1967
- G-105 Vegetables in Family Meals: A Guide for Consumers,
 1968

* For sale only from GPO.

PERIODICALS

Periodicals of special interest to food advisors and home economists with ongoing consumer programs are available on a weekly or monthly basis, as indicated.

CONSUMER FOOD NEWS. A weekly service to food editors, broadcasters and food advisors in the Northeast. It covers subjects of special interest to consumers relating to food and the food-related programs of the Consumer and Marketing Service and Food and Nutrition Service. Free limited distribution.

SPOT ANNOUNCEMENTS on foods in plentiful supply are issued monthly to radio and TV broadcasters and programmers in the Northeast. Other announcements concerning needy family programs, child nutrition programs and other subjects of public interest are issued from time to time. Free, limited distribution.

FOOD AND NUTRITION NEWS. A monthly service to food advisors and others with special interest in needy family and child nutrition programs. Free distribution is handled by the Food and Nutrition Service, USDA, Washington, D.C. 20250.

FOOD AND NUTRITION MAGAZINE. A new bi-monthly publication relating to the needy family and child nutrition programs of the Food and Nutrition Service. It is available to those assisting in some manner in carrying out FNS programs, i.e. information media, libraries, Federal and State employees cooperating with FNS programs, consumer groups, and staff members of agricultural colleges.

Free distribution is handled by the Information Division, Food and Nutrition Service, USDA, Washington, D.C. 20250.

PLENTIFUL FOODS MONTHLY LIST is an advance listing of foods that are expected to be in plentiful supply during the succeeding month. (A special "Food Service" edition is prepared for public and institutional feeders.) For addition to the mailing list, write to the Plentiful Foods Staff, C&MS, USDA, 26 Federal Plaza, New York, N. Y. 10007, stating your occupation and need for the information.

FILMS

A limited number of consumer-oriented films about food are available for loan for showing at group meetings, or other educational programs for children and adults. For arrangements for scheduling the films listed below contact the Information Division, Consumer and Marketing Service, USDA, 26 Federal Plaza, New York, N. Y. 10007.

Other films (not listed here) may be borrowed from State film libraries. For a complete listing of USDA films and film libraries, write for Films of the U.S. Department of Agriculture, AH-14, to the Motion Picture Service, Office of Information, USDA, Washington, D.C. 20250.

IT HAPPENS EVERY NOON. Color, 1966, TV, 13-1/2 minutes...in all schools that take part in the National School Lunch Program—a good, "Type-A" lunch, providing from a third to one-half of the student's daily needs. This film is intended to awaken parents and communities to the awareness of the school lunch program and to take action to see that every child takes advantage of it by getting a daily, well-balanced, midday lunch. Award: American Association of Agricultural College Editors, 1967.

JANET AND THE GENIE. Color, 1967, TV, 28-1/2 minutes. Home economics students and housewives (and husbands) will enjoy taking a trip with Janet, a young high school student, as she journeys through meat packing, poultry processing, apple packing, egg grading, and dairy plants with the help of "The Genie." This magical character shows Janet how to become a smart shopper by using USDA's grading and inspection services.

MARK OF QUALITY A. Color, 1967, TV, 13-1/2 minutes. This film takes an American housewife from feedlot to packing plant to supermarket--and right back to her own kitchen, showing how Federal meat grading gives her a guide to buying--to help her choose the quality of meat she wants. The "Mark of Quality" for beef is the USDA grade shield.

MIRACLES FROM AGRICULTURE. Color, 1960, TV, 13-1/2 minutes. The story of high-quality foods, when, where, and in the forms we want them--the result of efficient production and marketing of farm products. Reports on today's farming and ranching, marketing, processing, storing, transporting, and merchandising of food and other agricultural products. Emphasizes the role of research and agricultural services. Awards: Columbus Film Festival, 1961.

SOMETHING TO CROW ABOUT. Color, 1964, TV, 27-1/2 minutes. A European magazine writer tours a hatchery, feed mill, broiler farm, processing plant, and supermarket.

The film shows: How the USDA inspection program helps assure that poultry products are safe, clean, and wholesome, how poultry is graded for quality, and the difference between the inspection and grading programs. Awards: American Association of Agricultural College Editors, 1965; Berlin International Film Competition, 1966.

THAT THE BEST WILL BE CURS. Color, 1971, TV, 18 minutes. Examines the establishment and growth of meat and poultry inspection, including recent changes, with emphasis on what inspection means to consumers. Also shows the care that should be taken in buying and handling meat and poultry products.

SLIDE SETS AND FILM STRIPS

Slide sets may be purchased from Photography Division, Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250. For filmstrips write to Photo Lab., Inc. 3825 Georgia Avenue, N.W., Washington, D.C. 20011. These are single frame filmstrips.

FOOD BUYING

- *C-123 How to Buy Beef. (1970. 33 frames. Mounted slide set \$12. Filmstrip \$5.50.) Helps consumers buy beef by USDA grade and by cut, specifying which cuts are more tender.
- C-130 How to Buy Eggs. (1969. 40 frames. Mounted slide set \$11. Filmstrip \$5.50.) For consumer groups and teachers. How to buy eggs by USDA grade and weight classes and tips on using eggs.
- *C-119 Revelations of a Register Tape or the Baffling Case of the Family Grocery Bill. (1969. 71 frames. Mounted slide set \$13.50. Filmstrip \$7.50. Audio tape \$1.) Tells what influences your grocery bill, why it gets bigger or smaller each year. Nontechnical. Artwork.
- *C-121 Selecting and Buying Food for the Young Family. (1966. 36 frames. Mounted slide set \$11. Filmstrip \$5.50.) A guide to homemakers on how to serve nourishing meals to family and helpful hints on more economical food shopping.
- C-145 Shopper's Guides. (1967. 57 frames. Mounted slide set \$12. Filmstrip \$6.50.) Today's consumer makes many decisions in trying to get the most for her dollar. This presentation touches on five areas where she can stretch her dollar. At the Supermarket; Credit--Blessing or Burden; Today's Laundry Basket; Shopping Sins; What's Underfoot. The slide set does not go into detail, but serves as a basis for further expansion and discussion on each subject area.
- C-107 USDA Egg Products Inspection. (1969. 37 frames. Mounted slide set \$11. Filmstrip \$5.50.) USDA's voluntary inspection service from the selection of shell eggs for breaking to testing of final product. For large quantity food buyers, home economists, teachers, or dietitians.

* Available on loan for special showings from the Information Division, Consumer and Marketing Service, USDA, 26 Federal Plaza, New York, N. Y. 10007

NUTRITION

- *C-158 The Basic Four Way to Good Meals. (1969. 50 frames. Mounted slide set \$11. Filmstrip \$5.50.) First in "Food Makes the Difference" series on ways of cooking with evaporated milk and how daily milk needs of family can be met. Features eight recipes "step-by-step."
- A-56 Breakfast and the Bright Life. (1970. 60 frames. Mounted slide set \$12. Audio tape for manual projection \$1.) Seeks to motivate youth to improve their nutrition by emphasizing the importance of breakfast to physical and mental performance, attitudes and health.
- *C-68 Food for Fitness. (1958. 24 frames. Mounted slide set \$11. Filmstrip \$5.50.) A new daily food guide developed by USDA nutritionists tells how to select nutritious meals based on four kinds of foods: (1) milk, (2) meat or alternate, (3) vegetables and fruits, (4) breads and cereals. Examples of suggested foods and typical meals.
- *C-152 Food Value Stretchers. (1968. 50 frames. Mounted slide set \$11. Filmstrip \$5.50. Shows families how to use some of the USDA-donated foods in preparing good meals. Five recipes give a step-by-step how-to-do-it for cookies, scrambled eggs, a salad, a milk drink, a ground beef mix, and meatballs with spaghetti.
- C-106 Good Meals for Busy Days. (1963. 57 frames. Mounted slide set \$12. Filmstrip \$6.50.) Shows how to prepare three simple meals with a minimum of time and labor. Basic points made are: planning meals ahead, use of convenience foods, family cooperation, the use of equipment, and use of tested recipes.
- *C-156 How Food Affects You. (1969. 47 frames. Mounted slide set \$11. Filmstrip \$5.50.) Tells which foods do what for your body in simple terms. What makes your hair shiny, your cheeks rosy, Artwork.
- *C-116 Improving Teenage Nutrition. (1963. 27 frames. Mounted slide set \$11. Filmstrip \$5.50.) Helps recognize the need for improving nutrition in teenagers and helps plan ways to do so. Emphasizes the importance of establishing proper eating habits.

* Available on loan for special showings from Information Division, New York

- C-81 Main Dishes In Family Meals. (1961. 22 frames. Mounted slide set \$11. Filmstrip \$5.50.) Demonstrates use of USDA-distributed foods in low-cost family meals.
- C-162 Milk, Basic to Good Nutrition. (1970. 50 frames. Mounted slide set \$11. Filmstrip \$5.50.) Gives consumers basic information on milk and its products, and tells about other foods to go with dairy products for a balanced meal. Standard and illustrated recipes. This presentation is third in series called "Food Makes the Difference."
- C-161 Milk The Magnificent (1970. 50 frames. Mounted slide set \$11. Filmstrip \$5.50.) Second in a planned "Food Makes the Difference" series to give guidance in use of milk in meals. Includes some step-by-step recipes.
- C-169 Recipes Using Non-Instant, Non-Fat Dry Milk and Other Donated Foods. (1970. 49 frames. Slide set \$11. Filmstrip \$5.50.) This how-to-do-it tells how to mix non-instant, non-fat dry milk and how to make seven dishes and food drinks with it. Primarily for use by people who work with families using USDA donated foods.
- *C-78 Nonfat Dry Milk In Family Meals. (1961. 23 frames. Mounted slide set \$11. Filmstrip \$5.50.) Demonstrates the proper use of nonfat dry milk and gives a few recipes for use in family meals along with other low-cost commodities.
- *C-74 Weight Control (The Oopsies). (1960. 22 frames. Mounted slide set \$11. Filmstrip \$5.50.) Story of two simple artwork characters who discover they have allowed themselves to get overweight. They tell why people get fat, why people want to reduce, and what helps most.

SCHOOL LUNCH

- C-120 It Happens Every Noon. (1964. 50 frames. Mounted slide set \$11. Filmstrip \$5.50.) The National School Lunch Program helps to make nutritious food available to millions of school children throughout the country. How the program operates. When local people are willing to make the effort, they can make it work in schools of all sizes and locations.

* Available on loan for special showings from Information Division, New York.

C-181

School Lunch Bunch, The. (1971. 48 frames. Slide set \$11. Filmstrip \$5.50. Record \$3.) The National School Lunch Program, who runs it, why it's important, and what to do to get a school lunch program in your school.

* Available on loan for special showings from Information Division, New York.

EXHIBITS for consumer education classes, and meetings, and public events on loan without charge from the Information Division, New York.

Consumer and Marketing Service Displays

The following displays are related to C&MS activities of consumer interest -- grading of food for quality and inspection of food for wholesomeness:

MEAT AND POULTRY FACTS. A table-top exhibit to help you "show 'n tell" important facts about these foods. Ten colorful panels, each measuring 15 x 20 inches, joined by removable hinges, tie in with five USDA "Meat and Poultry....for You" leaflets (G-170-174). Panels can be set up as a table-top exhibit or used individually as posters or teaching aids on a wall or easel. They explain inspection, buying and care of meat and poultry products. (Also available in poster form, see C&MS POSTERS).

USDA GRADES HELP YOU CHOOSE. A table-top exhibit providing basic information on USDA grades for food. Panels measure 15 x 20 inches and are linked by vinyl hinges, or may be used as individual posters, or on easels, or as flipcharts. They tie in with 12 USDA "How to Buy...." leaflets, and 20 "How to Buy...." flyers. (Also available in poster form, see C&MS POSTERS.)

Food and Nutrition Service Displays

The following display is related to FNS programs for needy families and child nutrition.

TOOLS TO FIGHT HUNGER. A table-top exhibit explaining USDA programs to feed the needy and child nutrition programs. Vinyl panels readily interlock in pyramid structure or may be used individually. They tie in with Food and Nutrition Service program leaflets.

Electrified Displays for Major Events

More complex, electrified displays are also available suitable for large-scale gatherings, e.g. State or county fairs, conventions, or other assemblages. While they may be borrowed at no charge, borrowers must pay for transportation, and also provide space, any local drayage, and the labor for assembling, maintaining and dismantling.

For further information on electrified displays, contact the Information Division, Consumer and Marketing Service, USDA, 26 Federal Plaza, New York, N. Y. 10007.

INDEX BY TITLES

- FNS-30 All-purpose Flour--a good choice for the thrifty family, p. 3
- G-147 Baking for People with Food Allergies, p. 11
- C-158 Basic Four Way To Good Meals, The (Slide Set), p. 17
- FNS-24 Beef and Pork--a good choice for the thrifty family, p. 3
- G-118 Beef and Veal in Family Meals: A guide for Consumers, p. 11
- POSTER Beef Chart--Wholesale and Retail Cuts, p. 9
- PA-745 Breads and Cereals, Golden Nuggets--A Guide for Program Aides in Home Economics, p. 3
- A-56 Breakfast and The Bright Life (Slide Set), p. 17
- G-153 Calories and Weight, the USDA pocket guide, p. 10
- FNS-22 Canned Chopped Meat or Luncheon Meat--a good choice for the thrifty family, p. 3
- G-150 Cereals and Pasta in Family Meals, p. 11
- FNS-14 Cheese--a good choice for the thrifty family, p. 3
- G-112 Cheese in Family Meals: A guide for consumers, p. 12
- PA-948 Child Nutrition Programs, p. 4
- FNS-10 Child Nutrition Programs Handbook for volunteers, p. 4
- PA-812 Closing the Nutrition Gap...Child Nutrition Act of 1966, p. 5
- *AH-8 Composition of Foods, p. 10
- G-90 Conserving the Nutritive Values in foods, p. 10
- Title Consumer Food News, p. 13
- Title Consumer's Quick Credit Guide, p. 11
- FNS-13 Daily Food Guide--some choices for thrifty families, p. 4
- FNS-13 Daily Food Guide (Poster), p. 5
- FNS-31 Donated Cracked Wheat Bulgur--a good choice for the thrifty family, p. 3
- FNS-2 Donated Foods Handbook for Volunteers, p. 2
- FNS-17 Donated Nonfat Dry Milk--a good choice for the thrifty family, p. 3
- FNS-37 Donated Rolled Wheat--a good choice for the thrifty family, p. 3
- FNS-23 Dry Beans--a good choice for the thrifty family, p. 4
- FNS-29 Dry Split Peas--a good choice for the thrifty family, p. 4
- *L-268 Eat a Good Breakfast-to Start a Good Day, p. 10
- *PA-694 Eat to Live Better, p. 10

* For sale only from GPO.

FNS-25 Eggs--a good choice for the thrifty family, p. 4
 G-103 Eggs in Family Meals: A guide for consumers, p. 12
 PA-912-S El Libro Colorante De Las Comidas Buenas, p. 5
 Title Electrified displays for major events, p. 20
 FNS-32 Enriched Corn Grits--a good choice for the thrifty family, p. 4
 FNS-33 Enriched Cornmeal--a good choice for the thrifty family, p. 4
 FNS-34 Enriched Macaroni--a good choice for the thrifty family, p. 4
 FNS-35 Enriched Rice--a good choice for the thrifty family, p. 4
 FNS-15 Evaporated Milk--a good choice for the thrifty family, p. 4

F

L-408 Facts about Pasteurization of Milk, p. 10
 *G-1 Family Fare--Food Management and Recipes, p. 12
 G-94 Family Food Budgeting...for Good Meals and Good Nutrition, p. 11
 *HERR-37 Family Food Buying, p. 11
 *PA-693 Feeding Young Children, p. 10
 AH-14 Films of the U.S. Department of Agriculture, p. 14
 FNS-26 Fish--a good choice for the thrifty family, p. 4
 Title Food and Nutrition Magazine, p. 13
 Title Food and Nutrition News, p. 13
 G-74 Food and Your Weight, p. 10
 *PA-270 Food Buying Guide for Type A School Lunches, p. 5
 Title Food Donation Program (flyer), p. 2
 FNS-8 Food for children...in Pre-School Centers...in Summer Camps, p. 5
 G-5 Food for Families with Young Children, p. 10
 *PA-743 Food for Families--Suggestions for Trainer Agent, p. 3
 C-68 Food for Fitness (Slide Set), p. 17
 L-424 Food for Fitness: A daily food guide, p. 10
 G-85 Food for the Young Couple, p. 10
 FNS-13-37 Food for the Thrifty Families Series, p. 3
 *PA-700 Food for Young Families-Guide for Agent, p. 10
 G-17 Food Guide for Older Folks, p. 10
 FNS-1 Food Stamp Handbook for Volunteers, p. 2
 PA-952 Food Stamps Make the Difference (flyer), p. 2
 PA-930 Food Stamp Program...More Food/Better Diets for Low-Income
 Families, p. 2
 PA-911 Food Stamps to End Hunger, p. 2
 PA-403 Food Storage Guide for Schools and Institutions, p. 5
 C-152 Food Value Stretchers (Slide Set), p. 17
 C&MS-84 Foreign Meat and Poultry Inspection Program, p. 6
 *PA-747 Four Food Groups in Meals, Treasure Chest--A Guide for
 Program Aides in Home Economics, p. 3
 G-40 Freezing Combination Main Dishes, p. 11
 *G-93 Freezing Meat and Fish in the Home, p. 11
 *PA-749 Fruits and Vegetables, Bright Jewels--A guide for
 Program Aides in Home Economics, p. 3
 FNS-19 Fruits and Vegetables for Vitamin C--a good choice for the
 thrifty family, p. 4

* For sale only from GPO.

G-125 Fruits in Family Meals: A guide for consumers, p. 12

G

C&MS-16 Get Your A for Health--Eat A Type A School Lunch Every Day,
 (Poster),, p. 5
PA-912 Good Foods Coloring Book, p. 5
C-106 Good Meals For Busy Days (Slide Set), p. 17
Title Grading America's Foods (Fact Sheet), p. 7
*G-108 Guide to Budgeting for the Family, p. 11
G-98 Guide to Budgeting for the Young Couple, p. 11

H

*G-8 Home Canning of Fruits and Vegetables, p. 11
G-106 Home Canning of Meat and Poultry, p. 11
G-69 Home Care of Purchased Frozen Foods, p. 11
G-10 Home Freezing of Fruits and Vegetables, p. 11
G-70 Home Freezing of Poultry, p. 11
C-156 How Food Affects You (Slide Set), p. 17
C-123 How to Buy Beef (Slide Set), p. 16
G-146 How to Buy Beef Roasts, p. 7
G-145 How to Buy Beef Steaks, p. 7
G-148 How to Buy Butter, p. 7
G-167 How to Buy Canned and Frozen Vegetables, p. 7
G-128 How to Buy Cheese, p. 7
G-177 How to Buy Dry Beans, Peas and Lentils, p. 7
G-144 How to Buy Eggs, p. 7
C-139 How to Buy Eggs (Slide Set), p. 16
Title How-to-Buy Flyers (camera-ready copy), p. 8
Title How to Buy Food Posters, p. 8
G-141 How to Buy Fresh Fruits, p. 7
G-143 How to Buy Fresh Vegetables, p. 7
G-140 How to Buy Instant Nonfat Dry Milk, p. 7
G-166 How to Buy Meat for Your Freezer, p. 7
G-157 How to Buy Poultry, p. 7
*G-56 How to Make Jellies, Jams, and Preserves at Home, p. 11
PA-708 How to Use USDA Grades in Buying Food, p. 7

I

PA-934 Ideas for Economy-Minded Families, p. 2
PA-935 Ideas for Families Using Donated Foods, p. 2
PA-937 Ideas for Leaders Working with Economy-Minded Families, p. 2
FNS-6 I'm Worth More Than You Are (Food Stamp Poster), p. 5
C-116 Improving Teenage Nutrition (Slide Set), p. 17
FNS-4 Include These Foods in the Lunch Each Day. Serve
 Each Child A Real "Type A" (Poster), p. 5
Title Inspection For Consumer Protection (Fact Sheet), p. 6
Title Inspection, Labeling, and Care of Meat and Poultry--A
 Consumer Education Guide, p. 6

* For sale only from GPO.

C&MS-83 Inspection Milestones, p.7
FNS-16 Instant Nonfat Dry Milk--a good choice for the thrifty family, p. 4
Title It Happens Every Noon (Film), p. 14
C-120 It Happens Every Noon (Slide Set), p. 17

J

Title Janet and the Genie (Film), p. 14
FNS-3 Jimmy Has More Fun, p. 2

K

G-162 Keeping Food Safe to Eat, p. 10
*PA-691 Key Nutrients, p. 10
PA-70 Know the Eggs You Buy--11-3/ x 17-1/2, (Poster), p. 9
C&MS-62 Know the Eggs You Buy--30 x 45 (Poster), p. 9
PA-170 Know the Poultry You Buy (Poster), p. 9

L

POSTER Lamb Chart--Wholesale and Retail Cuts, p. 9
G-124 Lamb in Family Meals: A guide for consumers, p. 12

M

C-81 Main Dishes In Family Meals (Slide Set), p. 18
Title Mark of Quality, A (Film), p. 14
*PA-695 Meal Planning Made Easy, p. 10
G-174 Meat and Poultry--Care Tips for You, p. 7
G-173 Meat and Poultry--Clean for You, p. 7
G-172 Meat and Poultry--Labeled for You, p. 7
G-171 Meat and Poultry--Standards for You, p. 7
G-170 Meat and Poultry--Wholesome for You, p. 7
Title Meat and Poultry Facts (exhibit; posters), p. 4, 20
POSTERS Meat and Poultry Inspection, p. 8
PA-748 Meat Group, Solid Treasures--A Guide for Program Aides in Home Economics, p. 3
FNS-7 Menu Planning Guide for Breakfast at School, p. 4
PA-719 Menu Planning Guide for Type A School Lunches, p. 4
C-162 Milk, Basic to Good Nutrition (Slide Set), p. 18
G-127 Milk in Family Meals: A guide for consumers, p. 12
C-161 Milk the Magnificent (Slide Set), p. 18
*PA-746 Milk, White Magic--A Guide for Program Aides in Home Economics, p. 3
Title Miracles from Agriculture (Film), p. 14
G-43 Money-Saving Main Dishes, p. 12

N

PA-19 National School Lunch Program, p. 5
Title National Schocl Lunch Program (flver), p. 5

* For sale only from GPO.

C-78 Nonfat Dry Milk in Family Meals (Slide Set), p. 18
GS-1 Nutrition--Food at Work for You, p. 10
*G-72 Nutritive Value of Foods, p. 10
G-176 Nuts in Family Meals, p. 12

O

Title Offset negatives, requests to purchase, p. 6

P

G-36 Peanut and Peanut Butter Recipes, p. 12
FNS-27 Peanut Butter--a good choice for the thrifty family, p. 4
Title Plentiful Foods Monthly List, p. 13
POSTER Pork Chart--Wholesale and Retail Cuts, p. 9
G-160 Pork in Family Meals, p. 12
G-55 Potatoes in Popular Ways, p. 12
FNS-28 Poultry--a good choice for the thrifty family, p. 4
G-110 Poultry in Family Meals: A guide for consumers, p. 12
G-109 Protecting Home-Cured Meat from Insects, p. 11
Publications, bulk purchases, p. 2, 6
Publications, offset negatives, requests to purchase, p. 6
Publications, requests for, p. 1, 2, 6, 10

Q

*PA-631 Quantity Recipes for Type A School Lunches, p. 5

R

FNS-21 Raisins--a good choice for the thrifty family, p. 4
C-169 Recipes Using Non-Instant, Non-Fat Dry Milk and Other
Donated Foods (Slide Set), p. 18
PA-823 Retailers, Encourage Your Low-Income Customers to Take
Part in the Food Stamp Program, p. 2
C-119 Revelations of a Register Tape or the Baffling Case of
the Family Grocery Bill (Slide Set), p. 16
FNS-36 Rolled Oats (Quick Cooking)--a good choice for the thrifty
family, p. 4

S

Title School Breakfast Program (flyer), p. 5
C-181 School Lunch Bunch, The (Slide set), p. 19
PA-750 School Lunches...a Billion Dollar Market for Food, p. 5
*PA-696 Selecting and Buying Food, p. 10
C-121 Selecting and Buying Food for the Young Family (Slide Set), p. 16
C-145 Shopper's Guides (Slide Set), p. 16
Slide sets, requests to purchase, p. 16
Title Smart Shopper Series (Camera-ready Copy), p. 8

* For sale only from GPO.

Title Something to CROW About (Film), p. 14
Title Special Food Service Program for Children (flyer), p. 5
Title Special Milk Program (flyer), p. 5
Title Spot Announcements (radio, TV), p. 13
C&MS-85 Standards for Meat and Poultry Products, p. 6
G-78 Storing Perishable Foods in the Home, p. 11
G-119 Storing Vegetables and Fruits in Basements, Cellars, Outbuildings, and Pits, p. 11

T

Title That the Best Will Be Ours (Film), p. 15
Title Tools to Fight Hunger (Exhibit), p. 20

U

PA-557 USDA Donated Foods for Disasters--A Guide for State and Local Officials, p. 2
C-107 USDA Egg Products Inspection (Slide Set), p. 16
Title USDA Grades Help You Choose (Exhibit), p. 20
C&MS-79 USDA Grades -- To Help You Choose, p. 8
C&MS-65 USDA Marks of Quality-Marks of Wholesomeness (Camera-ready Copy), p. 7
PA-667 U.S. Department of Agriculture's Food Donation Program, The, p. 2

V

FNS-20 Variety of Fruits and Vegetables, A--some choices for the thrifty family, p. 3
POSTER Veal Chart--Wholesale and Retail Cuts, p. 9
FNS-18 Vegetables and Fruits for Vitamin A--a good choice for the thrifty family, p. 4
G-105 Vegetables in Family Meals: A guide for consumers, p. 12

W

C-74 Weight Control (The Oopsies) (Slide Set), p. 18
*PA-744 What Food Means to People--A Guide for Program Aides in Home Economics, p. 3
L-321 What to Do When Your Home Freezer Stops, p. 11
PA-533 When Natural Disaster Strikes, p. 2

X

FNS-5 You and Food Stamps...Usted y Estampillas Para Alimentos, p. 2
Title Your Family Food Donation Program (flyer), p. 2
PA-922 You're in Good Company, p. 2

* For sale only from GPO.

INDEX BY NUMERICAL SERIES

- A-56 Breakfast and the Bright Life (Slide Set), p. 17
- *AH-8 Composition of Foods, p. 10
AH-14 Films of the U.S. Department of Agriculture, p. 14
- C-68 Food for Fitness (Slide Set), p. 17
C-74 Weight Control (The Oopsies) (Slide Set), p. 18
C-78 Nonfat Dry Milk In Family Meals (Slide Set), p. 18
C-81 Main Dishes In Family Meals (Slide Set), p. 18
C-106 Good Meals for Busy Days (Slide Set), p. 17
C-107 USDA Egg Products Inspection (Slide Set), p. 16
C-116 Improving Teenage Nutrition (Slide Set), p. 17
C-119 Revelations of a Register Tape, (Slide Set), p. 16
C-120 It Happens Every Noon (Slide Set), p. 17
C-121 Selecting and Buying Food for the Young Family (Slide Set), p. 16
C-123 How to Buy Beef (Slide Set), p. 16
C-139 How to Buy Eggs (Slide Set), p. 16
C-145 Shopper's Guides (Slide Set), p. 16
C-152 Food Value Stretchers (Slide Set), p. 17
C-156 How Food Affects You (Slide Set), p. 17
C-158 Basic Four Way to Good Meals, The (Slide Set), p. 17
C-161 Milk the Magnificent (Slide Set), p. 18
C-162 Milk, Basic to Good Nutrition (Slide Set), p. 18
C-169 Recipes Using Non-Instant, Non-Fat Dry Milk and Other Donated Foods (Slide Set), p. 18
C-181 School Lunch Bunch, The (Slide Set), p. 19
- C&MS-16 Get Your A for Health--Eat A Type A School Lunch Every Day (Poster), p. 5
C&MS-62 Know the Eggs You Buy (Poster), p. 9
C&MS-65 USDA Marks of Quality-Marks of Wholesomeness (Camera copy), p. 7
C&MS-79 USDA Grades -- To Help You Choose, p. 8
C&MS-83 Inspection Milestones, p. 7
C&MS-84 Foreign Meat and Poultry Inspection Program, p. 6
C&MS-85 Standards for Meat and Poultry Products, p. 6
- FNS-1 Food Stamp Handbook for Volunteers, p. 2
FNS-2 Donated Foods Handbook for Volunteers, p. 2
FNS-3 Jimmy Has More Fun, p. 2
FNS-4 Include These Foods in the Lunch Each Day. Serve Each Child A Real "Type A" (Poster), p. 5
FNS-5 You and Food Stamps...Usted y Estampillas Para Alimentos, p. 2
FNS-6 I'm Worth More Than You Are (Poster), p. 5
FNS-7 Menu Planning Guide for Breakfast at School, p. 4
FNS-8 Food for Children...in Pre-School Centers...in Summer Camps, p. 5
FNS-10 Child Nutrition Programs Handbook for Volunteers, p. 4

* For sale only from GPO.

FNS-13-37 Food for Thrifty Families Series, p. 3
FNS-13 Daily Food Guide (Poster), p. 5
FNS-13 Daily Food Guide, The--some good choices for thrifty families, p. 4
FNS-14 Cheese--a good choice for the thrifty family, p. 3
FNS-15 Evaporated Milk--a good choice for the thrifty family, p. 4
FNS-16 Instant Nonfat Dry Milk--a good choice for the thrifty family, p. 4
FNS-17 Donated Nonfat Dry Milk--a good choice for the thrifty family, p. 4
FNS-18 Vegetables and Fruits for Vitamin A--a good choice for the thrifty family, p. 4
FNS-19 Fruits and Vegetables for Vitamin C--a good choice for the thrifty family, p. 4
FNS-20 Variety of Fruits and Vegetables, A--some choices for the thrifty family, p. 3
FNS-21 Raisins--a good choice for the thrifty family, p. 4
FNS-22 Canned Chopped Meat or Luncheon Meat--a good choice for the thrifty family, p. 3
FNS-23 Dry Beans--a good choice for the thrifty family, p. 4
FNS-24 Beef and Pork--a good choice for the thrifty family, p. 3
FNS-25 Eggs--a good choice for the thrifty family, p. 4
FNS-26 Fish--a good choice for the thrifty family, p. 4
FNS-27 Peanut Butter--a good choice for the thrifty family, p. 4
FNS-28 Poultry--a good choice for the thrifty family, p. 4
FNS-29 Dry Split Peas--a good choice for the thrifty family, p. 4
FNS-30 All-purpose Flour--a good choice for the thrifty family, p. 3
FNS-31 Donated Cracked Wheat Bulgur--a good choice for the thrifty family, p. 3
FNS-32 Enriched Corn Grits--a good choice for the thrifty family, p. 4
FNS-33 Enriched Cornmeal--a good choice for the thrifty family, p. 4
FNS-34 Enriched Macaroni--a good choice for the thrifty family, p. 4
FNS-35 Enriched Rice--a good choice for the thrifty family, p. 4
FNS-36 Rolled Oats (Quick Cooking)--a good choice for the thrifty family, p. 4
FNS-37 Donated Rolled Wheat--a good choice for the thrifty family, p. 3

*G-1 Family Fare--Food Management and Recipes, p. 12
G-5 Food for Families with Young Children, p. 10
*G-8 Home Canning of Fruits and Vegetables, p. 11
G-10 Home Freezing of Fruits and Vegetables, p. 11
G-17 Food Guide for Older Folks, p. 10
G-36 Peanut and Peanut Butter Recipes, p. 12
G-40 Freezing Combination Main Dishes, p. 11
G-43 Money-Saving Main Dishes, p. 12
G-55 Potatoes in Popular Ways, p. 12
*G-56 How to Make Jellies, Jams, and Preserves at Home, p. 11
G-69 Home Care of Purchased Frozen Foods, p. 11
G-70 Home Freezing of Poultry, p. 11
*G-72 Nutritive Value of Foods, p. 10
G-74 Food and Your Weight, p. 10
G-78 Storing Perishable Foods in the Home, p. 11
G-85 Food for the Young Couple, p. 10
G-90 Conserving the Nutritive Values in Foods, p. 10

* For sale only from GPO.

- *G-93 Freezing Meat and Fish in the Home, p. 11
 G-94 Family Food Budgeting...for Good Meals and Good Nutrition, p.11
 G-98 Guide to Budgeting for the Young Couple, p. 11
 G-103 Eggs in Family Meals: A guide for consumers, p. 12
 G-105 Vegetables in Family Meals: A guide for consumers, p. 12
 G-106 Home Canning of Meat and Poultry, p. 11
 G-108 Guide to Budgeting for the Family, p. 11
 G-109 Protecting Home-Cured Meat from Insects, p. 11
 G-110 Poultry in Family Meals: A guide for consumers, p. 12
 G-112 Cheese in Family Meals: A guide for consumers, p. 12
 G-118 Beef and Veal in Family Meals: A guide for consumers, p. 11
 G-119 Storing Vegetables and Fruits in Basements, Cellars,
 Outbuildings and Pits, p. 11
 G-124 Lamb in Family Meals: A guide for consumers, p. 12
 G-125 Fruits in Family Meals: A guide for consumers, p. 12
 G-127 Milk in Family Meals: A guide for consumers, p. 12
 G-128 How to Buy Cheese, p. 7
 G-140 How to Buy Instant Nonfat Dry Milk, p. 7
 G-141 How to Buy Fresh Fruits, p. 7
 G-143 How to Buy Fresh Vegetables, p. 7
 G-144 How to Buy Eggs, p. 7
 G-145 How to Buy Beef Steaks, p. 7
 G-146 How to Buy Beef Roasts, p. 7
 G-147 Baking for People with Food Allergies, p. 11
 G-148 How to Buy Butter, p. 7
 G-150 Cereals and Pasta in Family Meals, p. 11
 G-153 Calories and Weight, the USDA pocket guide, p. 10
 G-157 How to Buy Poultry, p. 7
 G-160 Pork in Family Meals, p. 12
 G-162 Keeping Food Safe to Eat, p. 10
 G-166 How to Buy Meat for Your Freezer, p. 7
 G-167 How to Buy Canned and Frozen Vegetables, p. 7
 G-170 Meat and Poultry--Wholesome for You, p. 7
 G-171 Meat and Poultry--Standards for You, p. 7
 G-172 Meat and Poultry--Labeled for You, p. 7
 G-173 Meat and Poultry--Clean for You, p. 7
 G-174 Meat and Poultry--Care Tips for You, p. 7
 G-176 Nuts in Family Meals, p. 12
 G-177 How to Buy Dry Beans, Peas and Lentils, p. 7
- GS-1 Nutrition--Food at Work for You, p. 10
- HERR-37 Family Food Buying, p. 11
- *L-268 Eat a Good Breakfast--to Start a Good Day, p. 10
 L-321 What to Do When Your Home Freezer Stops, p. 11
 L-408 Facts About Pasteurization of Milk, p. 10
 L-424 Food for Fitness: A daily food guide, p. 10
- PA-19 National School Lunch Program, p. 5
 PA-70 Know the Eggs You Buy--11-3/4 x 17-1/2 (Poster), p. 9

* For sale only from GPO.

- PA-170 Know the Poultry You Buy (Poster), p. 9
 *PA-270 Food Buying Guide for Type A School Lunches, p. 5
 PA-403 Food Storage Guide for Schools and Institutions, p. 5
 PA-533 When Natural Disaster Strikes, p. 2
 PA-557 USDA Donated Foods for Disasters--A Guide for State and Local Officials, p. 2
 *PA-631 Quantity Recipes for Type A School Lunches, p. 5
 PA-667 U.S. Department of Agriculture's Food Donation Program, The, p.2
 *PA-691 Key Nutrients, p. 10
 *PA-692 Principles of Cookery, p. 10
 *PA-693 Feeding Young Children, p. 10
 *PA-694 Eat to Live Better, p. 10
 *PA-695 Meal Planning Made Easy, p. 10
 *PA-696 Selecting and Buying Food, p. 10
 *PA-700 Food for Young Families--Guide for Agent, p. 10
 PA-708 How to Use USDA Grades in Buying Food, p. 7
 PA-719 Menu Planning Guide for Type A School Lunches, p. 4
 *PA-743 Food for Families--Suggestions for Trainer Agent, p. 3
 *PA-744 What Food Means to People--A Guide for Program Aides in Home Economics, p. 3
 *PA-745 Breads and Cereals, Golden Nuggets--A Guide for Program Aides in Home Economics, p. 3
 *PA-746 Milk, White Magic--A Guide for Program Aides in Home Economics, p. 3
 *PA-747 Four Food Groups in Meals, Treasure Chest--A Guide for Program Aides in Home Economics, p. 3
 *PA-748 Meat Group, Solid Treasures--A Guide for Program Aides in Home Economics, p. 3
 *PA-749 Fruits and Vegetables, Bright Jewels--A Guide for Program Aides in Home Economics, p. 3
 PA-750 School Lunches...A Billion Dollar Market for Food, p. 5
 PA-812 Closing the Nutrition Gap...Child Nutrition Act of 1966, p. 5
 PA-823 Retailers, Encourage Your Low-Income Customers to Take Part in the Food Stamp Program, p. 2
 PA-911 Food Stamps to End Hunger, p. 2
 PA-912 Good Foods Coloring Book, p. 5
 PA-912-S El Libro Colorante De Las Comidas Buenas, p. 5
 PA-922 You're in Good Company, p. 2
 PA-930 Food Stamp Program...More Food/Better Diets for Low-Income Families, p. 2
 PA-934 Ideas for Economy-Minded Families, p. 2
 PA-935 Ideas for Families Using Donated Foods, p. 2
 PA-937 Ideas for Leaders Working with Economy-Minded Families, p. 2
 PA-948 Child Nutrition Programs, p. 4
 PA-952 Food Stamps Make the Difference (flyer), p. 2

* For sale only from GPO.



UNITED STATES DEPARTMENT OF AGRICULTURE

CONSUMER AND MARKETING SERVICE

Information Division

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NEW PUBLICATIONS

Since USDA CONSUMER EDUCATION MATERIALS for Wise Food Shopping and Nutritious Meal Planning went to press, the following new publications have become available and should be added to the bibliography:

p.2 Donated Foods

FNS-66 Food For Emergencies and Disasters

Title Food for Your Table

p.2 Food Stamps

FNS-67 Food Stamps for You

p.6 Food Inspection

C&MS-85-S Patrones de Productos de Carne de Res y de Aves de Corral--Lista de Referencia del Consumidor
(Spanish version of C&MS-85)

p.7 Food Grading

G-191 How to Buy Canned and Frozen Fruits

G-195 How to Buy Lamb

C&MS-90 USDA Grade Standards for Food--How They Are Developed and Used

G-141-S Como Comprar Fruta Fresca (How to Buy Fresh Fruit)

G-143-S Como Comprar Hortalizas Frescas (How to Buy Fresh Vegetables)

G-145-S Como Comprar Bistecs (How to Buy Beef Steaks)

G-166-S Como Comprar Carne para Conserverla en el Refrigerador (How to Buy Meat for Your Freezer)

//more//

-2-

G-177-S Como Comprar Habas Guisantes y Lentejas en Seco
(How to Buy Dry Beans, Peas, and Lentils)

NEW NUMBER

p. 6 Food Inspection

AH-416 This number has been assigned to the previously unnumbered publication, Inspection, Labeling, and Care of Meat and Poultry--A Consumer Education Guide.